



MILWAUKEE COUNTY  
Department on Aging

MILWAUKEE COUNTY SENIOR DINING  
LGBT COMMUNITY CENTER  
1110 N. MARKET STREET  
FOR CURBSIDE PICK-UP  
**APRIL**



**MKE LGBT**  
COMMUNITY CENTER  
Be yourself

# DINNER PLANS?

**WEDNESDAY, APRIL 28<sup>th</sup>**

## MENU

Tuna Salad  
Lettuce, Tomato  
Kaiser Roll  
Sun Chips  
Fresh Fruit Cup  
Orange Juice  
Chocolate Chip Cookie

**WHO** ANYONE 60, OR OLDER

**WHAT** DINNER CARRY OUT 3:00 PM

**WHEN** EVERY FOURTH WEDNESDAY

**WHERE** MKE LGBT COMMUNITY CENTER

**ADDRESS** 1110 N. MARKET STREET  
SECOND FLOOR

**COST** \$3.00 SUGGESTED  
CONTRIBUTION

**RSVP** CALL 271-2656 BY NOON  
TUESDAY, APRIL 27TH

# JOIN US!



MILWAUKEE COUNTY  
Department on Aging

Milwaukee County DHHS - Division on Aging  
1220 W. Vliet Street, Suite 302 Milwaukee, WI 53205  
[county.milwaukee.gov/aging](http://county.milwaukee.gov/aging)

View Menus Online! Milwaukee County Division on Aging: [county.milwaukee.gov/aging](http://county.milwaukee.gov/aging) ♦ Senior Dining Office: (414) 289-6995



# SAFE FOOD SHOPPING GUIDE

Home food safety starts at the store. Grocery shopping must be done safely to reduce the risk of food poisoning. By following these recommendations, you can help make sure the food you bring home is safe.

## STOREWIDE TIPS



Bring hand sanitizer and use it before sampling foods at the store



If the "sell by" date has passed, don't buy the product



Make sure food packages are free from holes, tears or openings

## PRODUCE

When buying pre-cut, fresh produce, make sure it's refrigerated or set in ice

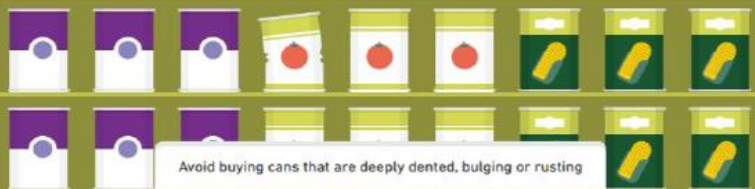


Keep fruits and vegetables separate from raw meat, poultry and seafood products in your cart

Pick produce that is free of major bruises and damages

Beware of bulk discounts, since fresh produce has a limited shelf life

## CANNED GOODS



Avoid buying cans that are deeply dented, bulging or rusting

Buy these perishable items toward the end of your shopping trip:

## MEAT, POULTRY & FISH

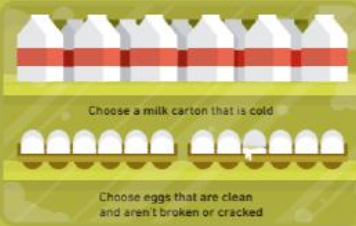


Put raw meat, poultry and seafood in plastic bags before placing them in your cart to keep them from leaking onto other foods



Choose pre-cooked meats and fish from the butcher counter that are completely separated from raw items in the display

## DAIRY & EGGS



Choose a milk carton that is cold

Choose eggs that are clean and aren't broken or cracked

## FROZEN FOODS



Frozen foods should show no signs of thawing

## CHECKOUT



When checking out, bag frozen foods together to keep them cold

Bag raw meats, poultry and seafood separate from other foods to keep juices from leaking

## HEADING HOME



Go home immediately after grocery shopping because perishable food must be refrigerated within two hours



- ▶ If you know you can't go straight home, bring a cooler bag to store the perishable items
- ▶ Wash reusable grocery bags regularly

For more tips to keep food safe from the store to your fork, visit [www.HomeFoodSafety.org](http://www.HomeFoodSafety.org).



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Read the label!

More than

90%

of Americans may be prematurely tossing food because they misinterpret food labels as indicators of food safety. Know your labels:



0 123456 789012  
SELL BY: 18 JUNE 2020

The "sell by" date tells the store the last day they should sell that specific package

The "best if used by" date is the recommended date for best flavor or quality

The "use by" date is the last date recommended for use of the product at peak quality

Buy the product before the Sell By date passes and cook or freeze the product by the time on the Refrigerator/Freezer Storage Chart

If a product has a "use by" date, follow that date

## WAYS TO PRESERVE FOOD MAKE IT LAST LONGER &

## FREEZE

surplus food, such as abundant seasonal produce or meats to extend shelf life.

Blanch vegetables before freezing

Wrap freezer items in heavy freezer paper, plastic wrap, freezer bags or foil

Date all freezer packages and use the oldest food first



USE A REFRIGERATOR THERMOMETER TO ENSURE THE FREEZER IS SET TO 0°F OR BELOW

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## KEEP IT SAFE FROM PURCHASE TO PLATE

1 DON'T PURCHASE PRODUCE WITH **MOLD** OR **BRUISES** OR **CUTS**

2 **WASH** ALL PRODUCE BEFORE EATING

3 **SEPARATE** ready-to-eat foods like fruits and vegetables from raw meat, poultry, seafood and eggs

4 Set fridge to **40°F** or lower

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